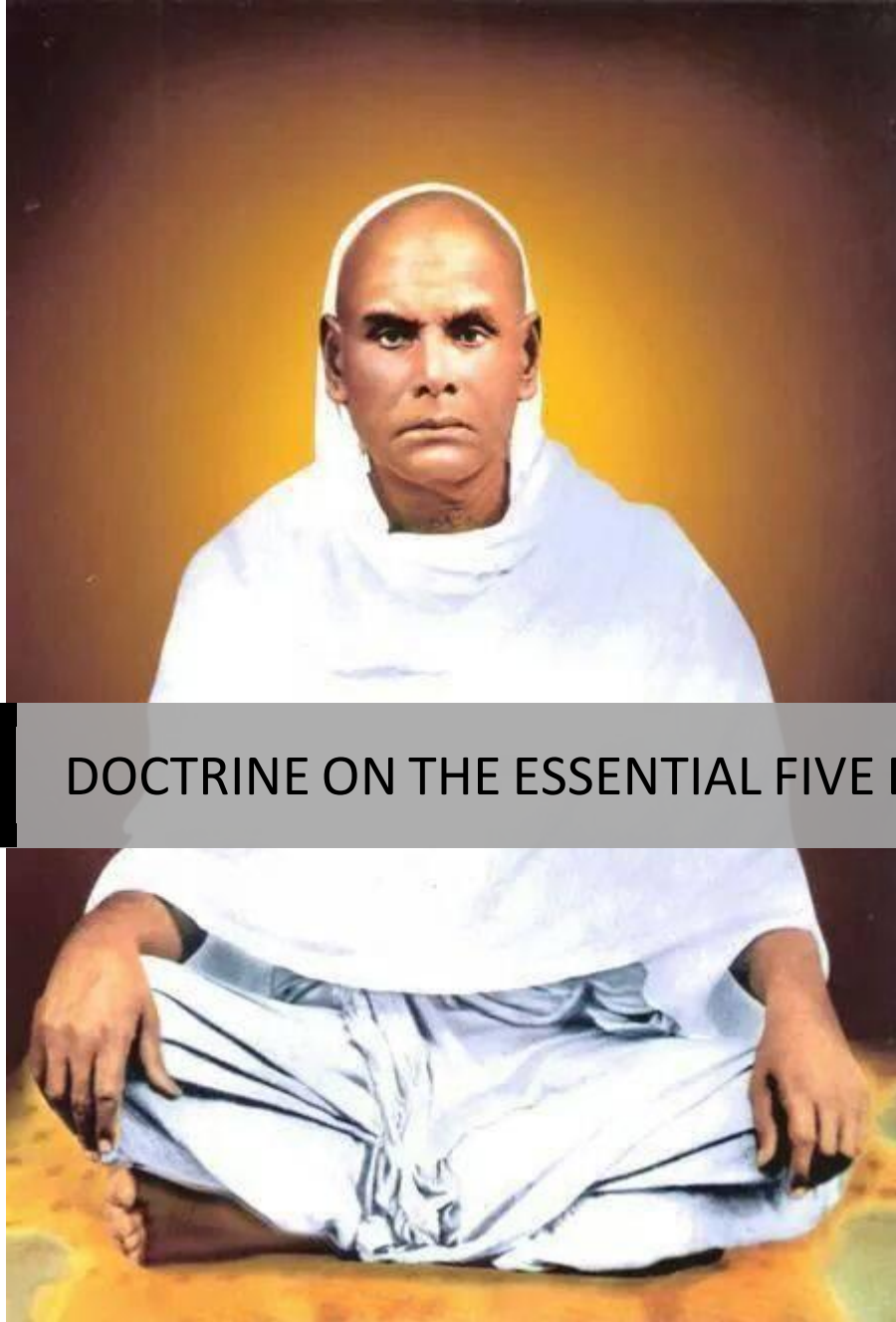


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GURU
NARAYANA

DOCTRINE ON THE ESSENTIAL FIVE DUTIES

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NARAYANA GURU'S DOCTRINE ON THE ESSENTIAL FIVE DUTIES



Narayana Guru gave doctrine on the **ESSENTIAL FIVE DUTIES** to be accomplished by a person with respect to **Purity (SHUDDHI)**, **Virtues (DHARMA)** and **Holy Sacrifice (MAHA-YAJNAM)**.

The Great Sage suggested the paths of righteousness for a life of contentment and well-being of the LOKAM.

❖ **PANCHA SHUDDHI (Purity)**



Narayana Guru lists out the **ESSENTIAL FIVES** namely, Body, Words, Mind, Senses and House in our day to day life, which requires **Purity (SHUDDHI)**.

The Great Sage emphasizes on the significance of **CLEANLINESS** in one's life.

1. BODY

Take bath everyday in **CLEAN** water. **CLEAN** the body parts including the private parts. **CLEAN** the teeth and nails regularly. Wear **CLEAN** cloths. Breathe fresh air. Eat **CLEAN** and nutritious food, only how much is required. Drink **CLEAN** water.

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2. WORDS

Practice using sweet and attractive *WORDS* with clarity and appropriate to the context. Avoid using *WORDS* that will hurt others. Learn to talk less and listen more. Read books on spirituality and the history of great people to improve the quality of our *WORDS*.

3. MIND

MIND is nothing but a flow of thoughts. Develop thoughts that generate *LOVE, KINDNESS, COMPASSION, GENTLENESS, FRIENDLINESS, COURAGE, CONCENTRATION* and *CALMNESS*. This is possible by removing bad thoughts stored in the sub-conscious *MIND* and filling it with good thoughts. Right from the birth, knowingly or unknowingly, consciously or unconsciously, we gather and store bad thoughts in the subconscious *MIND* and it is providing database to our thought process. The quality of the data bank has to be improved to get better results. Daily prayers with awareness and meditation may help us in controlling our *MIND* and directing it to search within.

4. SENSES

Eyes, Nose, Tongue, Ears and Skin are the *SENSE* organs (*Indriyas*). We know the outside world with the help of these *SENSE* organs. All these are desirous of enjoyments all the time. These are always in search of one object or the other to play with. These don't know their limits. These may therefore take us anywhere they like to end up in sorrow. Therefore avoid pampering the *SENSES* or avoid using them excessively. *EXERCISE CONTROL*.

5. HOUSE

Allow the *SUN RAYS* and the *FRESH AIR* to enter the *HOUSE*. Remove unwanted and filthy things from the *HOUSE*. Clean the *HOUSE* daily. Keep the urinals and toilet clean. Keep surroundings of the *HOUSE* also clean. Use '*agarbatties*' or smoke the *HOUSE* with some pleasant and aromatic smelling substances to provide *DIVINE PRESENCE*.

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❖ *PANCHA DHARMAM (VIRTUES)*



As per **Narayana Guru**, the essential five **DHARMAS (Virtues)** to be followed by one are **AHIMSA**, **SATYAM**, **ASTHEYAM**, **AVYABHICHARAM**, **MADDYA VARJANAM**.

The Great Sage explains on the **VIRTUES** which lead to a **LOKAM** of goodness.

1. AHIMSA

Not troubling the body, life or mind of other living beings by our thoughts, words or actions is known as **AHIMSA**. If we practice **AHIMSA**, other living beings, whether they are cruel or otherwise, will trust us like a child trusting the mother.

2. SATYAM (TRUTH)

TRUTH is permanent. **TRUTH** is the real God. The entire world exists on the foundation of **TRUTH**. We should therefore tell the **TRUTH**. We should not tell lie. Telling lie is against the God. Person telling **TRUTH** alone will bring results as per his words. **TRUTH ALWAYS WINS**.

3. ASTHEYAM

Abstaining from stealing the property of others is **ASTHEYAM**. It is also a state of having no interest in the property of others. If one refrains from stealing, then God will provide all prosperity. Theft spoils one's reputation. A person who is always free by thought, words or actions from theft will be trusted by the people and they will surrender everything they have before him.

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4. AVYABHICHARAM

Looking upon any woman or man with a lustful eye or passion, making suggestive talks with untoward motives, indulging in illicit relationships etc. are to be avoided. These behaviours will lead one to the untimely loss of prestige, position, respect, reputation, wealth, knowledge, custom, family and life itself. Therefore those who want to have *HAPPY LIFE* in this *LOKAM* or in *HEAVEN* should avoid such activities.

5. MADDYA VARJANAM (LIQUOR PROHIBITION)

The substances like alcohol, narcotics, tobacco etc. that cause harm to our intellect or thinking power should not be consumed. Those who take these substances regularly get addicted to these items. They are hated by their own wife, father, mother, brothers, sisters, children and even God. Therefore never indulge in drugs, drinking, smoking, or tobacco chewing.

❖ PANCHA MAHAYAJNAM (HOLY SACRIFICE)



As per **Narayana Guru**, the essential five **MAHA YAJNAM (HOLY SACRIFICE)** are *BRAHMA YAJNAM*, *PITRU YAJNAM*, *DAIVA YAJNAM*, *BHOOTA YAJNAM* and *MANUSHYA YAJNAM*.

The Great Sage elaborates on the *YAJNAMs* to be followed by one towards a *LOKAM* of empathy and understanding.

1. BRAHMA YAJNAM

Learning spiritual and religious texts like *Vedas*, *Upanishads*, *Bible*, *Quran* etc. and teaching it to others. The knowledge of *Vedas* and *Upanishads* are known to be the ultimate or supreme. **Guru** has revealed this knowledge in simple language through his numerous books. *KNOWLEDGE IS POWER*. Knowledge only can liberate us to provide fulfilment and happiness. Therefore, be a student throughout the life.

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2. PITRU YAJNAM

Have respect to parents, teachers and elders. Show gratitude to whatever they have done to us. Look after them in whatever way possible. Remember the good things done by them and felicitate them.

3. DAIVA YAJNAM

Offer prayers to God. God in a temple is symbolic. We have attributed certain qualities and powers in them. Try to imbibe the qualities attributed to the God we worship and live accordingly. This will provide us the necessary courage to face the challenges in life.

4. BHOOTA YAJNAM

Love the birds and animals. Give them food. Love the environment. Love the plants. We should understand that the wealth of this universe is to be enjoyed by all the creatures in this *LOKAM* with equal rights.

5. MANUSHYA YAJNAM

Guests, destitute, sufferers, servants etc. should be *LOVED* and *PROTECTED*. They should be helped to meet their needs.



Guru Charanam Saranam